



KEV TXHAWB TSWV YIM THAUM TAWM

XAIV COV KEV ZOO YUAV UA RAU KOJ THIAB KOJ TSEV NEEG NOJ QAB HAUS HUV

Cov Teeb Meem Ntawm Kev
Noj Qab Haus Huv Thiab
Khoom Noj Haus

Thaum koj koom nrog txoj kev pab WIC, muaj qhia txog kev noj qab haus huv thiab khoom noj haus zoo rau koj thiab koj cov me nyuam. Koj tau cov khoom noj khoom haus ntxiv, kev kawm, kev txhawb tswv yim, thiab kev xa mus cuag kev pab kom txhawb rau koj txoj kev noj qab haus huv. Siv cov tswv yim koj tau txais los pab xaiv cov kev zoo rau koj thiab koj cov me nyuam txoj kev noj qab haus huv.

Vim Li Cas Ho Noj Cov Tshuaj Folic Acid?

- Hom vintasmees B no yuav tiv thaiv tau tus me nyuam lub hlwb thiab tus txha caj qaum kom txhob muaj mob.
- Kev noj cov tshuaj folic acid kom txaus txhua hnb yuav pab tiv thaiv tau cov kev muaj mob thaum yug log hauv cov me nyuam uas koj yuav muaj tom ntej no.
- Nws yog ib qho tseem ceeb heev tom qab yug me nyuam tas thiab. Kev noj ntaw hom vintasmees yuav pab kom cov cell loj hlob thiab kho cov cell, uas yog ib yam uas koj lub cov ua txhua hnub.
- Cov tshuaj folic acid tej zaum yuav pab tiv thaiv kom txhob muaj kab mob plawy, mob stroke thiab tej co kab mob cancer.



Vim Li Cas Cov Kev Txhaj Tshuaj Txhawb Nruab Zog Cev Tseem Ceeb?

Cov kev txhaj tshuaj yuav cawm tau koj tus me nyuam txoj sia. Yuav tiv thaiv tau koj thiab koj tus me nyuam ntawm ntaw cov kab mob ntxiv dua li yav tas los. Cov koob tshuaj txhaj tiv thaiv koj thiab koj tsev neeg ntawm cov kab mob xws li quha pias, tuv dev, tuag ib ce thiab hnoos quhj qhem.

Cov kev txhaj tshuaj tiv thaiv lwm cov neeg uas koj txhawj txog. Koj thiab koj cov me nyuam yuav tsum tau txhaj cov tshuaj raws sij hawm kom tiv thaiv tau tus kab mob. Ib tug me nyuam uas tsis txhaj tshuaj raws sij hawm tsis yog yuav raug rau nws tsev neeg txoj kev noj qab haus huv xwb, tiam sis tseem yog txoj kev noj qab haus huv ntawm nws cov phooy hwg, cov neeg nws kawm ntaw ua ke nrog, cov neeg nyob ib ncig ntawm nws thiab lub zej zos.

Cov kev txhaj tshuaj yuav txuag tau koj tsev neeg lub sij hawm thiab nyiaj. Ib tug me nyuam uas tau ib tug kab mob uas tiv thaiv tau los ntawm kev txhaj tshuaj mas tej zaum yuav tsis pub mus kawm ntaw los sis mus ntawm qhov chaw zov me nyuam. Ib tug mob mus ntev yuav ua rau mus tsis tau hauj lwm, ua rau muaj nqi kho mob los sis muaj kev tsis taus mus ntev.

Cov kev txhaj tshuaj tiv thaiv phaum tom ntej no. Cov kev txhaj tshuaj tau tzo los sis tshem tawm ntaw tus kab mob uas tau tua los sis ua rau neeg muaj kev tsis taus loj heev tsis ntev los no.

Cov Teeb Meem Siv Dej Caw, Luam Yeeb thiab Lwm Cov Tshuaj Yeob Yog Dab Tsi?

- KHaus luam yeeb thaum cev xeeb tub yog tib yam kab mob thiab kev tuag rau cov leej niam thiab me nyuam mos uas tiv thaiv tau.
- Me Nyuam Hauv Plab Raug Dej Caw Mob (Fetal Alcohol Syndrome) (FAS) yog teeb meem loj rau cov me nyuam thiab lawv cov tsev neeg thawm lub neej, tiam sis yeej tiv thaiv tau 100 feem pua. Yog koj npaj yuav muaj me nyuam los yog cev xeeb tub lawm, tsis txhob haus caww.
- Thaum ib tug poj niam cev xeeb tub,:
Tsis muaj ib lub caij nyooq zoo haus caww, haus luam yeeb los yog siv lwm cov tshuaj yeob
Tsis muaj ib qho caww, luam yeeb los yog lwm yam tshuaj yeob npaum twg yuav zoo siv li
Tsis muaj cov hom dej caw, luam yeeb los yog lwm hom tshuaj yeob zoo siv hlo li

Yog Vim Li Cas Tej Co Nutrients Ho Tseem Ceeb?

Cov Khoom Noj uas Muaj Cov Tshuaj Folic Acid pab ua cov ntshav liab uas zoo thiab tej zaum yuav t xo tau tej cov mob thaum yug los.

- Kua Txiv Kab Ntxww
- Whole Wheat Tortillas
- Qe
- Taum, Taum Mog, Lentils
- Khaub Noom Ntse Mis
- Cov Zauba Ntsuab
- Nplev
- Kua Zauba

Cov Khoom Noj uas Muaj Iron pab ua kom cov ntshav liab zoo.

- Kaum Poom Ntses
- Nplev
- Whole Wheat Tortillas
- Taum, Taum Mog,
- Canned Fish
- Lentils
- Cov Ngaij Rau Me
- Qe
- Nyuam Mos Liab Noj

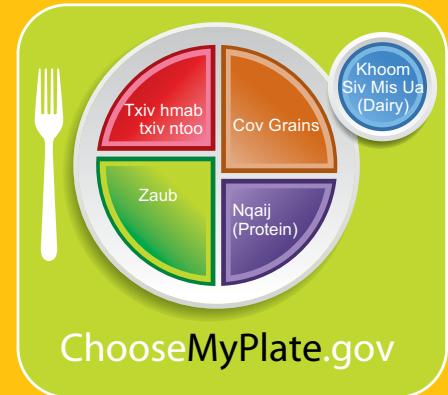
Cov Khoom Noj Muaj Tshuaj Calcium pab ua kom cov kaus hniav thiab cov pob txha muaj zog; pab ua kom cov ngaij leeg ua hauj lwm.

- Mis Nyuj
- Khaub Noom Ntse Mis
- Tshij
- Taum Qhuav
- Taum Fwv
- Zauba (zaub spinach, zaub kale, zaub broccoli)
- Kua Taum (Soymilk)
- Kaum Poom Ntses (nrog pob txha)

Vim Li Cas Kua Mis Niam Zoo Rau Leej Niam, Tus Me Nyuam Mos thiab Tsev Neeg?

- Cov kws kho mob tshaj lij, xws li American Academy of Pediatrics, xav kom pub niam mis rau noj thawj xyoo thiab tom qab ntawd tov.
- Kev pub niam mis pab kom leej niam muaj kev sib ncawg nrog nws tus me nyuam mos.
- Kev pub niam mis siv cov roj calorie, ua rau lub cev yuag yooj yim dua. Nws puav leej ua rau lub tsev me nyuam rov nqawm rov li qub thiab ua rau tus poj niam nchuav ntshav tsawg dua tom qab yug me nyuam tag.
- Kua mis niam yog hom khoom zoo noj tshaj plaws rau cov me nyuam mos thiab cov kev hloov uas pab tau rau tus me nyuam mos.
- Niam cov kua mis muaj cov roj, piam thaj, dej thiab tshuaj yug ngaij txaus nkaus rau tus me nyuam t xo kev loj hlob thiab kev xeeb meej.
- Kua mis niam muaj cov tshuaj tua kab mob uas pab tiv thaiv cov me nyuam mos kom txhob muaj cov kab mob. Cov me nyuam uas noj niam mis, lub cev muaj zog tua kab voos mob thiab kab mob xws li kev zawa plab, voos raj ntseg thiab mob hlab ntsws xws li ntsws txhaws dej.

Nco ntsoov, txhua t xo kev pub niam mis rau me nyuam noj mas nws txawv. Nws yuav yooj yim zog tuaj yog koj pub niam mis rau noj ntawm zaus mus!



Npaj Noj Kom Zoo Rau Lub Cev

Ua ntej koj pib noj mov, xav txog seb yuav muab dab tsi tso rau ntawm lub phaj thiab yuav muab ntawm npaum li cas.

- Ib nrab ntawm lub phaj yuav tsum yog txiv hmab txiv ntoo thiab zauba.
- Xyuas kom yam tsawg ib nrab ntawm koj cov grains yog whole.
- Noj cov protein kom sib txawv txhua zaus.
- Hloov mus rau cov mis nyuj skim los sis 1%.

Thov mus xyuas ntawm
www.choosemyplate.gov rau cov
lus qhia ntxiv hais txog kev noj
haus kom zoo rau lub cev.



Missouri Department of Health and Senior Services

WIC and Nutrition Services
573-751-6204

health.mo.gov/living/families/wic/wicfamilies/apply.php

IB TUG TSWV HAUJ LWM MUAJ VAJ HUAM SIB LUAG/KEV SAIB TAUS LWM
HAIV NEEG (AFFIRMATIVE ACTION)

Muab cov kev pab yam tsis muaj kev cais tshwi dab tsis.

AYog xav tau daim ntawv no uaw hmaw hauj rau cov neeg uas ib ce tsis meej
xeeb hu rau Missouri Lub Caj Meem Fai Muab Cov Pab Rau T xo Kev Kaj Huv
Ntawm Cev thiab Cov Kev Pab Rau Cov Neeg Laus ntawm 573-751-6204.

Cov pej xeem uas tsis hnov lis zoo thiab hais lis tsis tshua meej hu tau rau 711.